



Carrots

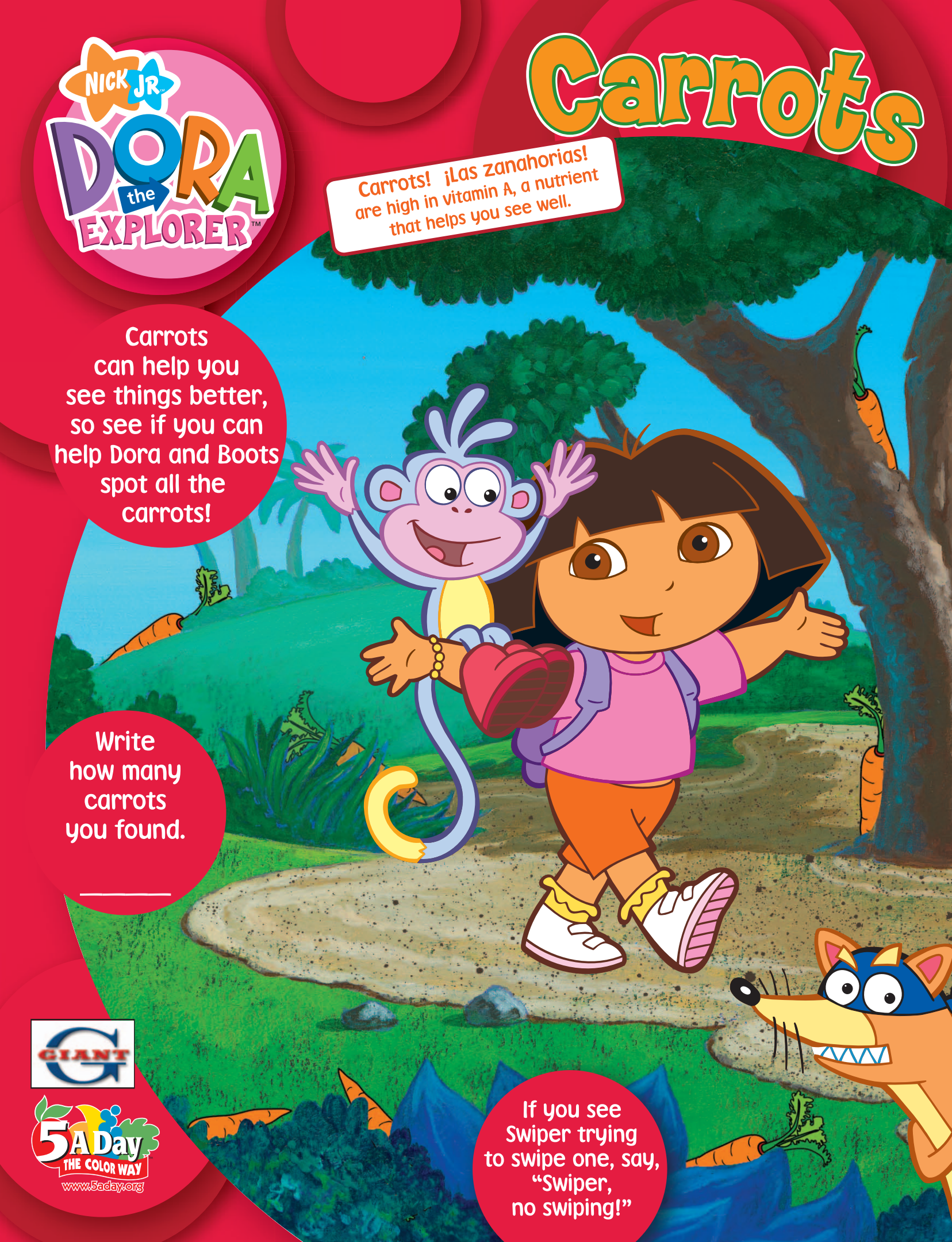
Carrots! ¡Las zanahorias!
are high in vitamin A, a nutrient
that helps you see well.

Carrots
can help you
see things better,
so see if you can
help Dora and Boots
spot all the
carrots!

Write
how many
carrots
you found.



If you see
Swiper trying
to swipe one, say,
“Swiper,
no swiping!”



Carrots

CREAMY AND CHUNKY VEGGIE DIP

This easy and creamy veggie dip will keep your kids "crunching" back for more!

Preparation Time: 10 Minutes

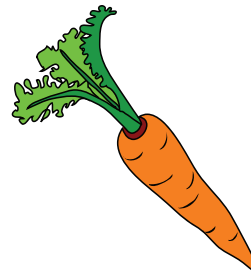
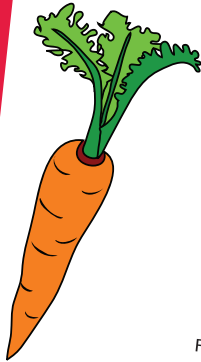
2 tablespoons salsa, mild
4 tablespoons fat-free Ranch dressing
2 cups fresh cucumber sticks, with skin
2 cups fresh carrot sticks

Serves: 3

1 Cup of Vegetables per Serving

Nutrition Information per Serving: calories: 81, total fat: 0.5g, saturated fat: 0.1g, % calories from fat: 6%, % calories from saturated fat: 1%, protein: 2g, carbohydrates: 18g, cholesterol: 0mg, dietary fiber: 3g, sodium: 380mg

Combine dressing and salsa. Stir until blended. Peel carrots and cut into 2" sticks. Wash and cut cucumbers into 2" sticks. Chill and serve.

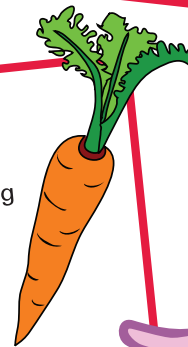


A great recipe for parents and children to make together.

Recipe is courtesy of Produce for Better Health Foundation (PBH).
All PBH endorsed recipes meet the nutrition standards that maintain fruits and vegetables as healthy foods.

PARENT TIPS

- Carrots, especially baby carrots, are a wonderful anytime snack.
- The best carrots are smooth, firm and blemish-free.
- To keep carrots fresh longer, seal carrots in a plastic bag before storing in a refrigerator crisper.
- Carrots taste best when used within 2 weeks of purchase.
- 6 baby carrots yield about 1/2 cup.
- 6 baby carrots provides 1 MyPyramid serving.



Eat colorful fruits and vegetables every day.

- Carrots are an orange vegetable, but also can be purple.
- Their orange color is a part of what makes them good for you.
- Carrots grow underground.



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